Established in 1988, the Department of Obstetrics & Gynaecology is a comprehensive clinical department that provides birthing, investigative, treatment and emergency services for a whole range of obstetric and gynaecological conditions.

- 100,000 + deliveries
- The most advanced medical equipment and team of highly experienced clinicians and specialist nurses.
- Special Labor Delivery and Recovery suits, Operation theatre, post delivery isolation units and Nursery
- Pioneers in Laparoscopy and Robotic assisted technology
- 20000+ procedures including adhesions, Endometriosis, Ovarian Tumors, Hysterectomy, Colposuspension, laparoscopic tubectomy, myomectomy of fibroids
- Nutrition counseling, therapy, exercise and yoga experts available on campus
The department of obstetrics and gynecology is within a general hospital setting and works in close collaboration with other specialties. This patient-centric model of care delivery helps in addressing complex gynecological conditions and high risk obstetrics cases.

- Power of Experience, expertise and Excellence
- State of the – Art- Technology
- Experience Consultants
The Maternal – Fetal Medicine facility is revolutionary concept in childbirth and maternity care in India. It is a high-end, premium boutique birthing centre, which has been conceived exclusively to satisfy the service and quality needs of a younger generation of Indians. This facility offers services of international standards in a premium environment while creating an unforgettable experience for the mother and her family in welcoming their bundle of joy into the world.

The staff consists of highly trained, experienced and compassionate team of nurses and physicians, including obstetricians, neo-natologists and pediatricians.

Like its motto, ‘Delivering Joy’, Institutes of Obstetrics & Gynaecology will help every baby arrive into the world in unique fashion, while taking care that the mother enjoys every comfort of home.
High Risk Pregnancies

The obstetric team at Apollo Hospitals are experienced to care for both normal and high-risk pregnancy. They manage a wide range of complex maternal and fetal conditions. Women who are categorized as high risk due to age, condition of fetus or any other pre existing risk factors are continuously monitored and evaluated during pregnancy and delivered at our state of the art birthing centre.

Women are categorized as high risk during pregnancy due to some of the following conditions

- Multiple gestations – twins or more number of fetuses
- Fetal growth related conditions like big baby or small baby
- Genetic problems
- History of Cardiac disease, cystic fibrosis etc
- Hypertension (high blood pressure)
- Diabetes (both pregestational and gestational types)
- Hepatitis, HIV, and AIDS
- Rh negative mother with Rh positive fetus
- lupus
- History of pregnancy loss, preterm baby or any other issues with earlier pregnancy.
The physicians recommend diagnostic tests during different stages in pregnancy to evaluate the health of the expectant mother and her child.

- First trimester screening is a noninvasive screening test for fetal Down syndrome and Trisomies 13 and 18.
- AFP (alpha fetoprotein) blood test to rule out neural tube defects
- Fetal Ultrasound scans: The ultrasound scan is performed frequently during pregnancy to monitor the fetus.
- Doppler: For high-risk women a Doppler is performed to test the blood flow to different body organs of the fetus like Brain, Liver, Heart, Umbilical cord
- Fetal Echocardiography: the fetal echo scan is to monitor the heart of the fetus. We have state of the art equipment supported by our specialized pediatric cardiac team who performs these tests.
Pre-natal Maternal Biochemical screening tests available with the Department of Biochemistry and Therapeutic Drug Monitoring, Apollo Hospitals, Hyderabad are:

- **1st Trimester Double marker Screening (Double test):**

- **2nd Trimester Triple marker Screening (Triple Test):**
  - Triple Markers: Maternal AFP, HCG and Unconjugated Estriol are measured and together with an ultrasound evaluation of the fetus (CRL & NT) of the first trimester USG or the gestational age from a 2nd Trimester scan calculate the combined risk for Down’s Syndrome: Trisomy-21, Edward’s Syndrome: Trisomy-18 and Neural Tube Defects.

- **2nd Trimester Quadruple marker Screening (Quad test):**
  - Quadruple Markers: Maternal AFP, HCG Unconjugated Estriol and Inhibin-A are measured and together with an ultrasound evaluation of the fetus (CRL & NT) of the first trimester USG or the gestational age from a 2nd Trimester scan calculate the combined risk for Down’s Syndrome: Trisomy-21, Edward’s Syndrome: Trisomy-18 and Neural Tube Defects.

- **Quad test screen greatly improves the % detection rate of Trisomy 21 when compared to Triple test screening from 69% to 81%** (Ref: ACOG Practice guidelines, 2007) as shown in the diagram below:

- **The risk assessment for the above maternal screening is done using these biochemical markers is statistically calculated using the recent version of PRISCA software.**
Doctors and patients have the support of on-call specialists such as nutritionists, physiotherapists, cardiologists and urologists at The Cradle.

In addition to fetal medicine, chromosomal analysis, genetic counselling and computerized maternal serum screen programs, services also include patient education, therapy and health programs for expectant women (aerobics, Lamaze classes, yoga, etc.)
An educational/aerobics area will also be provided within The Cradle. There will be fitness consultants and aerobic classes for both pre and post delivery to help the mother deal with the changes in her body. Low-impact aerobics, for mothers in their fourth week of pregnancy, will help tone and build stamina for the labour. Family bonding is promoted through antenatal classes, yoga classes, educational programs for parents, special classes for siblings, and a lenient visitation policy.

In the post recovery stages, the mandatory day or two’s stay after birth will be a smooth sailing for both mother and child as there will be a fleet of services at The Cradle that the mother can avail. Apart from counseling for postpartum blues, breast-feeding, guidance in infant care and child rearing, mothers can consult with dieticians and nutritionists for both their own and the baby’s dietary requirements.
The NICU is an ultramodern facility with monitoring units; open and closed incubators; ventilators; analyzers to assist in ventilator management; digital syringe and infusion pumps; piped medical gases and suction; an isolation care unit; and a breastfeeding room.

Institutes of Obstetrics & Gynaecology has a NICU with a dedicated team of neonatologists and trained nurses on call to handle premature deliveries, babies who require specialized medical attention and other emergencies. An observation/suspect nursery is also available.

Neonatologists (physicians who specialize in the care of newborns) will visit the NICU every day and resident pediatricians will be available 24 hours a day. In addition, nurses and other professional staff will work round the clock to ensure that every baby receives the best possible care. They will be available to answer all questions 24 hours a day - even after the mother and baby go home.
Gynecological Care

The Institute offers full spectrum gynecological care including annual preventive, well women exams to complex medical and surgical care of women during their reproductive and post reproductive years, including Urogynecology care.

Our highly experienced, multidisciplinary team believes in proper diagnosis and management followed by surgical interventions.
Gynecological Care

Our area of expertise includes
- Abnormal Pap evaluation & management including Colposcopy, Cryosurgery & loop electrosurgical excision
- Heavy/painful period evaluation & management
- Menopause evaluation & management
- Irregular bleeding evaluation & management
- Pelvic pain evaluation & treatment
- Post-menopausal bleeding evaluation & management
- Breast mass evaluation
- Hormone evaluation & management
- Premenstrual syndrome (PMS) evaluation & management
- Ovarian cysts evaluation & management
- Fibroids Evaluation & Treatment

The Procedures include
- Endometrial ablation for management of periods
- Pelvic reconstruction for prolapse (minimally invasive laparoscopic surgery)
- Endometriosis evaluation & treatment (medical & surgical)
- Intrauterine device (IUD) insertion for contraception

State of the art surgical treatments include
- Treatment of fibroids, including myomectomy & hysterectomy
- Treatment for polycystic ovarian syndrome (PCOS)
- Hysterectomy (laparoscopic, vaginal, abdominal, robotic surgery)
- Dilation & curettage (D&C)
- da Vinci® robotic surgery
Laparoscopic gynecology is the most sort after surgical method in recent times. Laparoscopic surgery, also called minimally invasive surgery in which operations are performed through small incisions.

There are a number of advantages to the patient with laparoscopic surgery include reduced pain due to smaller incisions, reduced blood loss and shorter recovery time.

Most surgical procedures are now performed laproscopically by our experts at Apollo hospitals. Adhesions, Endometriosis, Ovarian Tumors, Hysterectomy, Colposuspension, laparoscopic tubectomy, myomectomy of fibroids and infertility are performed laproscopically.
Robotic surgery, or computer assisted surgery is the use robotic systems to aid in surgery. Robotically-assisted surgery was developed to overcome the limitations of minimally-invasive surgery and to enhance the capabilities of surgeons performing open surgery.

- The movements are precise and much smoother than human hand, which considerably reduces the tissue trauma. The incisions made are also much smaller which results in faster recovery, lesser blood loss, fewer complications, shorter hospital stay, Minimal scarring.
- Robot-assisted surgery gives the surgeon had better control over the surgical instruments and a better view of the surgical site.
- Apollo Hospitals uses the state of the art da Vinci Surgical System. The da Vinci Surgical System is designed to provide surgeons with enhanced capabilities, including high-definition 3D vision and a magnified view.

Our doctors use the da Vinci surgical system in benign gynecology and gynecologic oncology. Robotic surgery can be used to treat fibroids, abnormal periods, Endometriosis, Ovarian tumor, Pelvic prolapse and female cancers. Using the robotic system, gynecologists can perform hysterectomies, myomectomies, and lymph node biopsies. The need for large abdominal incisions is virtually eliminated.

- Robotic surgery has much advantage for women who are obese, for women with large, multiple, or difficult-to-reach fibroids, women with widespread endometrial implants.
Well Women Check

A comprehensive preventive Health Check is available that helps in maintaining health and early detection of problems including

- Premenopausal & menopausal hormonal problems
- Early menopause
- Bone health
- Menstrual disorders
- HPV Vaccination
- Cancer Screening
Reproductive Medicine

The Apollo Hospitals Fertility Clinic offers world class infertility treatment with advanced procedures and equipment and has been achieving high success rates. The Apollo Infertility treatment team consists of expert doctors who specialize in Reproductive medicine, Nurse-counselors, Ultrasonographers, Embryologists and Andrologists. Apollo Fertility Clinic offers comprehensive, contemporary and evidence based solutions to couples with infertility.
Reproductive Medicine

When to seek help?
- Women aged above 35 years and have been trying to conceive
- Irregular menstruation
- Ovulation problems like PCOS
- Painful periods
- History of any miscarriage
- Diagnosed with Endometriosis, chocolate cysts of ovaries
- Ovarian cysts
- Tubal Blockage
- Cancer treatment

Advanced Diagnostics
To determine the cause our team performs a combination of blood and imaging tests including
- Ovulation Testing
- Ovarian Reserve Testing
- Ovulatory Hormone Testing
- Male infertility evaluation
- Trans-vaginal Ultra Sonogram and hormonal evaluation
- Follicular study

Procedures
Minimally Invasive Surgeries:
In few women laparoscopy is performed by our experts to identify any abnormalities in the fallopian tubes, blockages, removal of fibroids, ovarian cysts and endometriosis.

Genetic Testing
Apollo Hospitals, Hyderabad has a fully fledged genetic lab to test any genetic abnormalities leading to infertility.

Treatment
The treatments are designed to increase the number of eggs or sperm, and to bring them together, thus improving the likelihood of pregnancy. Infertility treatment in individuals can range from practical lifestyle changes to extended medical procedures - depending on the nature of the problem.

Apollo Hospitals, Hyderabad offers a wide range of infertility treatments including ovary stimulation with the help of fertility drugs, IUI Procedures and minimally invasive surgical procedures.